

## PSA Blood test

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Prostate cancer is the most common cancer in men, and we have a great deal of experience in the diagnosis and treatment of this condition. Having a PSA (Prostate Specific Antigen) blood test is usually the first step in the diagnosis.

The test can be ordered by your GP, and if the result is high, may indicate that you have prostate cancer. However the test is not perfect and there may be other, non-cancer, reasons why your PSA is elevated. For further information, please read the PSA information sheet.

If your PSA is elevated, your GP will refer you to us for further advice and management. It is common to get a second confirmatory blood test and if this remains elevated then it is possible that you will need a Prostate Biopsy.

Although it is important to have PSA blood tests not all men will need to have a biopsy, even if the test is elevated. This is because not all men with prostate cancer need treatment. Most prostate cancer is slow growing and the risk of the disease needs to be balanced by your overall health and age and the risks of treatment. If it is likely that “old age” will get you before prostate cancer then there is no advantage to you in undergoing biopsy. On the other hand, at higher PSA levels, this balance tips the other way and treatment becomes worthwhile.

## Prostate Cancer

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If in the unfortunate event that your prostate biopsy comes back positive for cancer, our job is to help you select the treatment which will give you the best possible outcome, while minimising the side-effects. **Every man is different**, with different priorities, and likewise not all prostate cancers are the same with some cancers being more risky than others.

We are able to discuss the risks and benefits of the various options in the context of what we know about your cancer in order to enable you to select the best treatment option for your own particular circumstances.

The treatment options include open or robotic Radical Prostatectomy, external (EBRTX) or internal radiotherapy (brachytherapy), cryotherapy or hormonal manipulation. André has a special interest and experience in the treatment of high risk prostate cancer, as well as nerve sparing radical prostatectomy. An in-house combined team approach helps to enhance your recovery, with input from Judy Kelly, our Continence Specialist, as well as discussing options for penile rehabilitation.



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